WE CLAIM:

1. A method of enhancing the natural reward system for exercise, the method comprising: administering to a patient an opiate destruction-inhibitor.

2. The method of claim 1, wherein the opiate destruction-inhibitor is administered to the patient prior to exercise by the patient.

3. The method of claim 1, whereby the patient's energy is increased.

4. The method of claim 1, wherein the opiate destruction-inhibitor is selected from the group consisting of hydrocinnamic acid, a D-form mono amino acid, a thiolbenzyl amino acid, a dipeptide of essential amino acids in D-form, a tripeptide of essential amino acids in D-form, an enkephalin fragment, an oligopeptide, a polypeptide, and DLPA.

5. The method of claim 2, wherein the opiate destruction inhibitor is a dipeptide comprising a moiety selected from the group consisting of tyrosine and L-leucine.

6. The method of claim 2, wherein the thiolbenzyl amino acid is thiolbenzyl-phenylalanine.

7. The method of claim 2, wherein the D-form mono amino acid is D-PA.

8. The method of claim 2, wherein the oligopeptide and polypeptide comprise a dipeptide selected from the group consisting of D-Phe, D-Leu, and D-Phe D-Met.

9. The method of claim 1, further comprising administering to the patient a neurotransmitter precursor.

10. The method of claim 7, wherein the neurotransmitter precursor is selected from the group consisting of a dopamine precursor, a serotonin precursor, and a GABA precursor.

11. The method of claim 8, wherein the dopamine precursor is selected from the group consisting of L-Phe, L-dopa, and L-Tyr.

12. The method of claim 8, wherein the serotonin precursor is selected from the group consisting of 5-hydroxytryptophan and L-Trp.

13. The method of claim 8, wherein the GABA precursor is selected from the group consisting of L-Glutamine, L-glutamic acid, and L-glutamate.

14. The method of claim 1, further comprising administering to the patient a dopamine precursor, a serotonin precursor and a GABA precursor.

15. The method of claim 1, further comprising administering to the patient Ephedra.

16. The method of claim 1, further comprising administering one or more cofactors.

17. The method of claim 13, wherein the one or more cofactors is selected from the group consisting of N-acetyl-tyrosine, coleus forskohlii, L-glutamine, mucuna pruriens, rhodiola rosea, pregnenalone, chromium picolinate, chromium polynicotinate, L-Methionine, methylcobalamin-vitamin B12, betaine-TMG, 7-oxo-DHA, acetyl-l-carnitene, green tea catechins, and L-theanine.

18. The method of claim 13, wherein the cofactor enhances the natural production of an activating neurotransmitter.

19. The method of claim 15, wherein the neurotransmitter is phenylethylamine.

20. The method of claim 1, wherein the opiate destruction-inhibitor is administered daily in a daily dosage of about 150 to about 15,000 mg.

21. The method of claim 1, wherein the opiate destruction-inhibitor is administered daily and is selected from the group consisting of hydrocinnamic acid in a daily dosage of about 200 mg, thiobenzyl-phenylalanine in a daily dosage of about 50mg – 100mg, D-PA in a daily dosage of about 100 to about 200 mg, and DLPA as a racemic mixture of amino acids in a daily dosage of about 200 to about 400 mg.

22. The method of claim 7, wherein the neurotransmitter precursor is administered daily in a daily dosage of about 25mg to about 10,000 mg.

23. The method of claim 7, wherein the neurotransmitter precursor is administered daily and is selected from the group consisting of L-Tyrosine in a daily dosage of about 9 to about 90,000 mg, L-Tryptophan in a daily dosage of about 100 to 5,000 mg, L-Glutamine in a daily dosage of about 100 to about 10,000 mg, and acetyltyrosine in a daily dosage of about 10 to about 500 mg.

24. A method of enhancing the natural reward system for exercise, the method comprising: administering to a patient D-Phe, L-Phe, L-Tyr, L-Trp and L-Gln.

25. A composition for enhancing the natural reward system for exercise comprising an opiate destruction-inhibitor and a precursor, wherein the precursor enhances the natural production of an activating neurotransmitter, in an amount pharmaceutically effective to enhance the natural reward system of exercise.

26. The composition of claim 25, wherein the composition is at least as effective as Ephedra in increasing energy in a patient.

27. The composition of claim 22, wherein the opiate destruction-inhibitor is selected from the group consisting of hydrocinnamic acid, a D-form mono amino acid, a thiolbenzyl amino acid, a dipeptide of essential amino acids in D-form, a tripeptide of essential amino acids in D-form, an enkephalin fragment, an oligopeptide, a polypeptide, and DLPA.

28. The composition of claim 22, wherein the opiate destruction inhibitor is a dipeptide comprising a moiety selected from the group consisting of tyrosine and L-leucine.

29. The composition of claim 22, wherein the thiolbenzyl amino acid is thiolbenzyl-phenylalanine.

30. The composition of claim 22, wherein the D-form mono amino acid is D-PA.

31. The composition of claim 22, wherein the oligopeptide and polypeptide comprise a dipeptide selected from the group consisting of D-Phe, D-Leu, and D-Phe D-Met.

32. The composition of claim 22, wherein the neurotransmitter precursor is selected from the group consisting of a dopamine precursor, a serotonin precursor, and a GABA precursor.

33. The composition of claim 28, wherein the dopamine precursor is selected from the group consisting of L-Phe, L-dopa, and L-Tyr.

34. The composition of claim 28, wherein the serotonin precursor is selected from the group consisting of 5-hydroxytryptophan and L-Trp.

35. The composition of claim 28, wherein the GABA precursor is selected from the group consisting of L-Glutamine, L-glutamic acid, and L-glutamate.

36. The composition of claim 21, further comprising a dopamine precursor, a serotonin precursor and a GABA precursor.

37. The composition of claim 25, further comprising Ephedra.

38. The composition of claim 22, further comprising one or more cofactors.

39. The composition of claim 33, wherein the one or more cofactors is selected from the group consisting of N-acetyl-tyrosine, coleus forskohlii, L-glutamine, mucuna pruriens, rhodiola rosea, pregnenalone, chromium picolinate, chromium polynicotinate, L-Methionine, methylcobalamin-vitamin B12, betaine-TMG, 7-oxo-DHA, acetyl-l-carnitene, green tea catechins, and L-theanine.

40. The composition of claim 33, wherein the cofactor enhances the natural production of an activating neurotransmitter.

41. The composition of claim 35, wherein the neurotransmitter is phenylethylamine.

42. The composition of claim 22, wherein the composition comprises about 150 to about 15,000 mg of the opiate destruction-inhibitor.

43. The composition of claim 22, wherein the opiate destruction-inhibitor is selected from the group consisting of hydrocinnamic acid in an amount of about 200 mg, thiobenzyl-phenylalanine in an amount of about 25mg-100mg, D-PA in an amount of about 100 to about 200 mg, and DLPA as a racemic mixture of amino acids in an amount of about 200 to about 400 mg.

44. The composition of claim 22, wherein the neurotransmitter precursor is selected from the group consisting of L-Tyrosine in an amount of about 9 to about 90,000 mg, L-Tryptophan in an amount of about 100 to 5,000 mg, L-Glutamine in an amount of about 100 to about 10,000 mg, and acetyltyrosine in an amount of about 10 to about 500 mg.

45. A composition for enhancing the natural reward system for exercise consisting essentially of D-Phe, L-Phe, L-Tyr, L-Trp and L-Gln.